



EPISODE 1 – FREEDOM HIGH SCHOOL **OAKLEY, CA**

- *Bullying, prejudice and cliques are fixtures in schools across America.*
 - *Challenge Day is a one-day program that aims to break down these barriers.*
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ABOUT THE SCHOOL

Freedom High School is a racially diverse high school located in Oakley, California.

Featured Students and their self-proclaimed roles on campus:

Leikin – “Leadership”

Rob – “Band Geek”

Travis – “Jock”

Barbara – “Freak”

Kabraea – “Loner”

Donovan – “Smart”

Cliques and the stereotypes people form about various groups on campus are a painful reality in every school.

- What are the cliques at your school? What stereotypes do you attribute to them?
- Have you or any of your friends ever been hurt by stereotypes or by being associated or labeled as a member of any of these groups?
- Do you relate to any of the students in this episode?



THEMES TO EXPLORE AND DISCUSS

1. Racism & Segregation
2. Family Pressures & Communication
3. Homophobia

1. Racism and Segregation

Notice

- At Freedom High School, racism and segregation are major issues on campus. Do you believe that racism and segregation are an issue on your campus or in your life?
- Think of a situation in which you or someone you know has been subjected to racist or negative comments or mistreatment. How did it make you feel? Do you think you have the power to change people's attitudes?
- **Travis** shares that he does not make racist comments but also admits that he doesn't get involved when others do. How would you react? Have you ever remained silent while someone else made prejudiced or rude comments? What are you willing to do or say to prevent things like that from happening again?

If you NOTICE that the racism and segregation are problems and you CHOOSE to Be the Change – you can ACT by doing one or more of the following...

Act

- Reach out to your classmates who seem on the surface to be the most different from you. Go out of your way to eat lunch or sit with new people. Ask them to share what you might know if you really knew them.
- Spend time learning about and experiencing other people's cultures and interests.
- The next time you hear someone making a racist or judgmental comment, don't just be a bystander – tell them why that's not cool.

2. Family Pressures and Communication

Notice

- What is your relationship like with your family? Have you ever wished you could have better communication with them?



- Do the people you love and care about know how you feel about them? When was the last time you told them that you loved them or thanked them for being there for you?
- If you could change one thing about the way you and your family or loved ones communicate, what would it be? What can you do to make that a reality?

If you NOTICE that family pressures and communication are problems in your life and you CHOOSE to Be the Change – you can ACT by doing one or more of the following...

Act

- Share your love and gratitude with your parents and or loved ones. Tell them directly, or write it in a card or letter.
- Turn your complaints into requests. If you notice there is something you'd like to change, or something you'd like to hear, do your best to avoid blame and ask directly for what you'd like.
- Learn to listen. Ask your parents or the people who raised you what you would know if you really knew them. Find out what it was like for them growing up, and how it has been to raise you.

3. Homophobia

Notice

- Are you proud of the way you've been treating people around you?
- In this episode **Rob** talks about what he has experienced because he's gay. Have you or anyone close to you ever been hurt, judged or harassed for being or "seeming" gay? How did you react?
- How many gay, lesbian, bi-sexual, or transgender people do you know? Have you ever asked them what you'd know if you really knew them?

If you NOTICE that homophobia is a problem in your school or community and you CHOOSE to Be the Change – you can ACT by doing one or more of the following...



Act

- Be an ally to those around you – whether you are gay or not, do your best to call out any homophobic or disrespectful comments or actions as offensive. Apologize to anyone you might have offended or hurt. Let it be known that you want everyone treated with equal respect, and get your friends and family members to join you.
- If you know anyone who is openly gay, bisexual, questioning or targeted by the issue of homophobia, be there for them if they need someone to talk to.
- If there is a Gay-Straight Alliance club on your campus, consider joining the group or, if your school doesn't have an active alliance, consider starting one.

LEARN MORE AND SHARE

- If stuff going on at school is impacting your emotional health, check out <http://www.halfofus.com>.
- To further discuss the issues in this episode, head to <http://ifyoureallyknewme.mtv.com>.

